

Basic Report 16359, Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water

Report Date: March 13, 2015 03:32 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 can drained, rinsed 254g	1 cup drained, rinsed 152g
Proximates				
Water	g	66.87	169.85	101.64
Energy	kcal	138	351	210
Protein	g	7.04	17.88	10.70
Total lipid (fat)	g	2.47	6.27	3.75
Carbohydrate, by difference	g	22.87	58.09	34.76
Fiber, total dietary	g	6.3	16.0	9.6
Sugars, total	g	4.00	10.16	6.08
Minerals				
Calcium, Ca	mg	43	109	65
Iron, Fe	mg	0.98	2.49	1.49
Magnesium, Mg	mg	24	61	36
Phosphorus, P	mg	80	203	122
Potassium, K	mg	109	277	166
Sodium, Na	mg	212	538	322
Zinc, Zn	mg	0.59	1.50	0.90
Vitamins				
Vitamin C, total ascorbic acid	mg	0.1	0.3	0.2
Thiamin	mg	0.025	0.064	0.038
Riboflavin	mg	0.015	0.038	0.023
Niacin	mg	0.125	0.318	0.190
Vitamin B-6	mg	0.116	0.295	0.176
Folate, DFE ^a	μg	41	104	62
Vitamin B-12	μg	0.00	0.00	0.00
Vitamin A, RAE	μg	1	3	2
Vitamin A, IU	IU	22	56	33
Vitamin E (alpha-tocopherol)	mg	0.29	0.74	0.44

Nutrient	Unit	1 Value Per100 g	1 can drained, rinsed 254g	1 cup drained, rinsed 152g
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	3.4	8.6	5.2
Lipids				
Fatty acids, total saturated	g	0.213	0.541	0.324
Fatty acids, total monounsaturated	g	0.485	1.232	0.737
Fatty acids, total polyunsaturated	g	0.962	2.443	1.462
Cholesterol	mg	0	0	0
Other				
Caffeine	mg	0	0	0

Footnotes

^a Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, 5-Formyltetrahydrofolic acid

^b Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, 5-Formyltetrahydrofolic acid

^c Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, 5-Formyltetrahydrofolic acid